

Normal Newborn Feeding Patterns

Day 1:

- For the first hour or two after birth, babies are usually awake and alert. After that, they usually sleep for a long time.
- Babies eat less often in the first 24 hours. This is because they are resting from birth.
- Look for your baby's **feeding cues**. Try feeding your baby 8 to 12 times on the first day.
- Have **skin-to-skin** time. This will help you and your baby bond.



Day 2:

- Babies usually show more feeding cues.
- Babies may start to “cluster feed”. **Cluster feeding** is when babies want to eat more often. It helps the new parent and baby learn how to breastfeed.
- Emptying the milk usually helps to “bring in” more milk. This is normal and may happen more often during growth spurts later on.



Day 3:

- More cluster feeding happens.
- Day 3 is a great time to relax and bond with your baby.
- Try to get more skin-to-skin time. This way your baby can get to the breast easily.



As your baby continues to grow, there may still be cluster feeding. Your baby may drink more because their tummies are growing slightly larger.

Talk with your CHN health educator if you have more questions!

Adapted from

